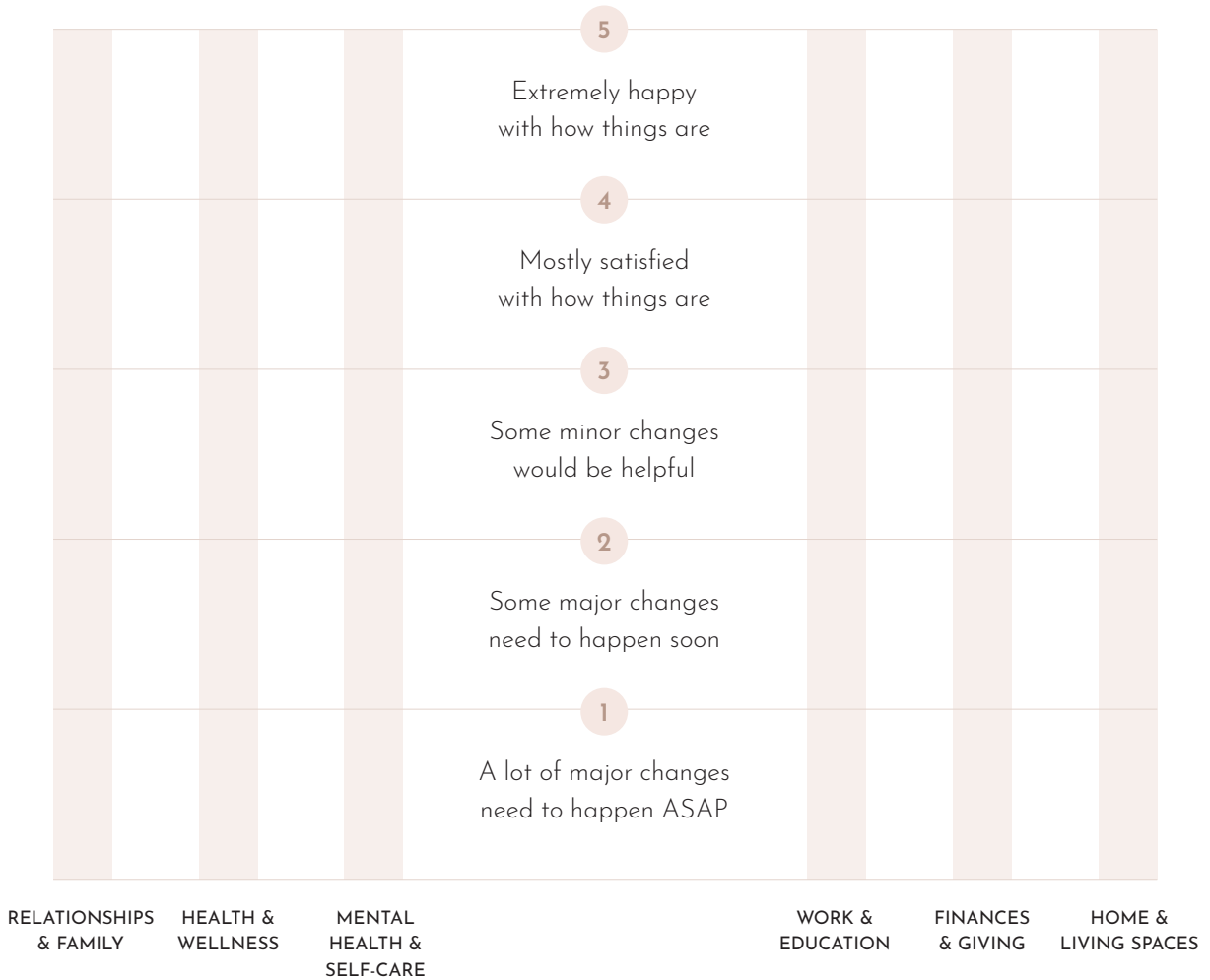


2023 REFLECTION

As 2023 ends, reflect on each category by drawing a bar up to the number that represents how you feel overall about it, using the scale below to guide you.



What were my 3 biggest wins from 2023?

Empty box for writing the first win.

Empty box for writing the second win.

Empty box for writing the third win.

What were 3 challenges I experienced in 2023?

Empty box for writing the first challenge.

Empty box for writing the second challenge.

Empty box for writing the third challenge.

Goal Reflection

GOAL	DID I MAKE PROGRESS?	WHY/WHY NOT?
	YES NO	
	YES NO	
	YES NO	
	YES NO	
	YES NO	

Is there anything I want to leave in 2023 that doesn't align with my life vision anymore?

What did I learn about myself in 2023?

What am I looking forward to most in 2024?
